



The Arc of Opportunity in North Central Massachusetts Family Supports and Recreation Calender

> Self-Advocacy -Second Wednesday of every month 4:30pm-6:00pm

<u>Healthy Relationships Group</u> Interest Form

To register for Rec events, click on the event or this QR code







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CONTACT US FOR INFORMATION ON:

- General questions/concerns
- Healthy Relationships
- Self-Advocacy
- Saturday REC and Bowling
- Dances



